



SWIMMING RADIO

GRAND RAPIDS NOVI SAD AQUATICS

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2011 WMS BOO BASH

A year ago, with five swimmers, Grand Rapids Novi Sad Aquatics participated at the 2010 Boo Bash – our first USA Swimming meet. This year, the squad of 29 swimmers was highly productive and respectably fast.

Our swimmers got in the pool to race 151 times and swam to 20 first place finishes, 16 second place finishes, and 18 third place finishes. It was a delightful weekend watching our swimmers earn 116 personal best times and bring up the team percentage of success to 77% life time PB's.

[200 Free—2nd; 100 Breast—3rd], and Trever Zuiderveen [100 Breast—2nd; 200 Back—2nd; 100 Back—2nd; 100 Free—3rd], had top 3 finishes.

* The following swimmers earned first time Junior Olympic qualifying time standards (Q2): Theo Duong, Megan Fraula, Michael Johnson. Josh Parsons, Ryan Parsons, Hunter Pierson. Congratulations, you are step away from STATE QUALIFYING TIMES (Q1).

* Great performances by top ten finishers: Kylee Abwavo, Sarah Brinks, Zoe Christensen, Elle Knott, Abigael O'Reilly, and Gabi Pierson. Congratulations to all swimmers in the meet.

The 2011-2012 short course season started well. After seven weeks of consistent training, GRNSA swimmers made a great splash at the Boo Bash in Zeeland. Here are some of the highlights of 2011 Boo Bash meet:

* First place finishers: Trent Babcock [1000 Free; 200 I.M.], Megan Fraula [200 Free; 50 Free; 100 Back], Michael Johnson [50 Back; 200 Free; 100 Back], Alex Le [50 Back], Josh Parsons [500 Free], Ryan Parsons [200 Free; 50 Fly], Hunter Pierson [200 Back; 100 Back], Victoria Postmus [100 Fly; 200 Breast], Alaina Sanchez [50 Free], Taylor Vera [200 Back], Ally West [200 Back].

* Beside already mentioned swimmers, Dawson Ericksen [200 Free—3rd], Phoebe Pontious [100 Fly—3rd; 200 Free—2nd; 100 Free—3rd], Ben Vanderweide [500 Free—3rd; 1000 Free—3rd], Dominick Verhoeven

The next U.S.A. meet for GRNSA swimmers will be the EGRA Waves Winter Washout at East Grand Rapids High School, December 2nd – 4th.

As a part of our year round program and training, it is important for all our swimmers to participate at U.S.A. Swimming sanctioned meets. Most of these meets are scheduled on the weekends. If you do anticipate, please plan to swim two days. Please, confirm your meet participation by Saturday, November 5th.

- Mio Vasic

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DATES TO REMEMBER

- Nov. 11—Friday Nite Races
- Nov. 12—Butterfly Clinic
- Nov. 24-27—No Workout
- Dec. 2-4—EGRA Wash Out
- Dec. 3—East Kentwood Invite
- Dec. 10—Freestyle Starts & Turns Clinic
- Dec. 16—Friday Nite Races
- Dec. 17—Breast Starts, Turns & Pullouts Clinic
- Dec.18— Christmas Party

CHRISTMAS PARTY

Mark your calendars for the GRNSA Christmas Party. The party is scheduled for Sunday, December 18th from 1 to 4 p.m. at Shots Grille, Pizzeria, & Pub. All swimmers, parents,

and family members are invited.

We will be serving pasta, cheese-bread, and non alcoholic beverages. The bar will also be open for purchase of adult beverages. Each swimmer will receive a Christmas

gift from GRNSA.

Tickets will be available for purchase as of Monday, November 14th for \$10. Please see Mrs. Beth Fraula. We hope to see you all there!

WORKOUT SCHEDULE CHANGE

As of Monday, November 21st, Blue 1 Group will train from 5 to 7 p.m. and Blue 2 from 5 to 6:30 p.m. Also, Gold Group will workout from 6:30 to 9 p.m.

NOVEMBER BIRTHDAYS

GRNSA would like to wish a Splashy Birthday to:
 Phoebe Pontious (Nov.1st)
 Luis Ortiz (Nov.6th)
 Abigael O'Reilly (Nov.8th)
 Hunter Pierson (Nov.12th)
 Trent Babcock (Nov.23rd)

GRNSA WELCOMS NEW SWIMMERS

Bryanna Tromp (Strk School)
 Lilia Bykerk (Green)
 Reed Holzgen (Blue 2)
 Silas Westers (Blue 2)
 Sasha O'Medley (Blue 2)
 Ren Bykerk (Blue 2)

GROUP HYDRATION MODEL (BY COACH JERRON)

Here is an example for a group specific hydration plan:

Swim lesson participants should be drinking 10 oz of water before the lesson. Then they should drink another 5 to 10 oz of water immediately following the lesson.

Stroke School and Green Group members should be drinking 10 oz of water thirty minutes prior to the practice. Then they should sip on 10-15 oz of water through out the practice. On the way home thru dinnertime they should drink another 20 oz.

White Group and Blue 2 members should be drinking 15 oz of water thirty minutes prior to the practice and then should sip 15 to 20 oz of water throughout the practice. Prior to dinnertime they should drink another 20 oz.

Blue 1 Group and High School Group members should make sure they are drinking water through out the day and the 15 oz of water thirty minutes prior to the practice. Then they should drink 20 to 30 oz of water depending on the intensity of the workout. Between the trip home through dinnertime they should drink another 30 oz.

Gold Group members should make sure they are drinking water through out the day and the 15 oz of water thirty minutes prior to the practice. Then they should be sipping 30 plus oz of water during practice. On two a day practices swimmers should be increasing water intake during the day and before the afternoon practice. On the way home thru dinner time they should drink 30 plus oz.

- Coach Jerron

GRNSA APPAREL

New GRNSA swimmers— Upon joining the team, each swimmer receives a free team GRNSA t-shirt.

Additional GRNSA apparel is also available for sale:

- Short Sleeve \$10
- Long Sleeve \$12
- Hoodie \$20
- Latex Cap \$5
- Silicone Cap \$12

WHITE NOISE

Welcome back to the White Noise station. For those of you just tuning in, this is your host, Coach Alex, bringing you your monthly update on the progress of the White Group—and a busy month, it has been!

First off, let me congratulate all GRNSA participants from the WMS Boo Bash. I'd dare say that you guys have hit the ground running this fall. We had numerous Q2 time

standards reached by members of the White Group and that was all just the first meet of the short course season!

It will be one of our primary goals as a group over the next four months to qualify as many swimmers as possible into the Junior Olympics, by achieving Q2 time standards.

We have also recently upped our dolphin kick count off the walls from three to four for several of you, which means

that after several months of forcing ourselves to take three kicks off every single wall, every single time, rain or shine, it is now time for those individuals to start working towards that next benchmark.

On a final note, I would urge you all to keep signing up for the clinics—particularly the upcoming turn clinics. That will give us a visual aid to for Turn Tuesdays in practice.

- Coach Alex

COACH'S THOUGHT

"Mainly, I like to have fun. Swimming is all about having fun, and I am a firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself."

- Scott Goldblatt

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